



THE IYENGAR YOGA ASSOCIATION OF MINNESOTA IS PROUD TO SPONSOR A YOGA WORKSHOP WITH

# Laurie Blakeney

April 9th–11th, 2010

at the Saint Paul Yoga Center

1162 Selby Avenue, Saint Paul, MN 55104



IYAMN welcomes Laurie Blakeney back to the Twin Cities. Laurie is a Certified Advanced Junior I Iyengar

Yoga Instructor. She began her yoga studies in 1971 at one of the original Iyengar Centers in the US in her home town of Ann Arbor, Michigan. Laurie is the owner / director of the Ann Arbor School of Yoga and is the founder of AASY Action, a nonprofit organization that brings yoga classes to special-needs persons like the homeless, victims of domestic violence, and teen runaways.

Her commitment to continue her studies is apparent by her annual visits to study with the Iyengars in Pune since 1983. She brings to her classes a uniquely personal and direct style of teaching, challenging students while helping them to enjoy their potential.

## SCHEDULE

Friday <i>asana/pranayama</i>	6:00 – 8:30 P.M.	\$37/\$44
Saturday <i>asana</i>	12:30 – 3:00 P.M.	\$37/\$44
<i>pranayama</i>	5:00 – 6:30 P.M.	\$22/\$26
Sunday <i>pranayama</i>	9:00 – 10:30 A.M.	\$22/\$26
<i>asana</i>	11:00 – 1:30 P.M.	\$37/\$44
Full workshop		\$135/\$160

A minimum of two years experience with Iyengar Yoga and familiarity with the practice of *pranayama* are required to attend this workshop. A regular *pranayama* practice is not required.

Students should bring their own sticky mat and an Ace-bandage type eye wrap for *pranayama* classes.

A light snack will be provided by the Association between the Saturday classes, for those attending both classes.

## REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I will be attending:		please check appropriate box
Friday	6:00 – 8:30 P.M.	<input type="checkbox"/>
Saturday	12:30 – 3:00 P.M.	<input type="checkbox"/>
	5:00 – 6:30 P.M.	<input type="checkbox"/>
Sunday	9:00 – 10:30 A.M.	<input type="checkbox"/>
	11:00 – 1:30 P.M.	<input type="checkbox"/>

Current IYAMN member?    yes     no

*If not, you may join or renew now:*

Annual membership fee    \$55

Annual Yoga Rahasya subscription    \$25

Total enclosed \_\_\_\_\_

Please fill out this form and send with payment by April 1 to IYAMN at PO Box 582381, Minneapolis, MN 55458-2381.

Call Steve Hornbacher with questions at 612-825-9494 or email [iyamn@iynaus.org](mailto:iyamn@iynaus.org).

Refunds less a \$25 administrative fee possible until 4/1/10. No refunds after 4/1/10.

Register early! Classes fill quickly.